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Students wait for marks on ROSI

BY JACKIE DAVIS

While many UTM students spent their Christmas vacation relaxing and enjoying a break from their usual grueling university schedules (or working their butts off at part-time jobs to pay for it all), others frantically logged on and off ROSI every day, searching in vain for course marks that weren't yet available.

In fact, the first marks weren't released through the internet and phone systems until January 8, the first day of classes. Many see the unavailability of course standings as an inconvenience.

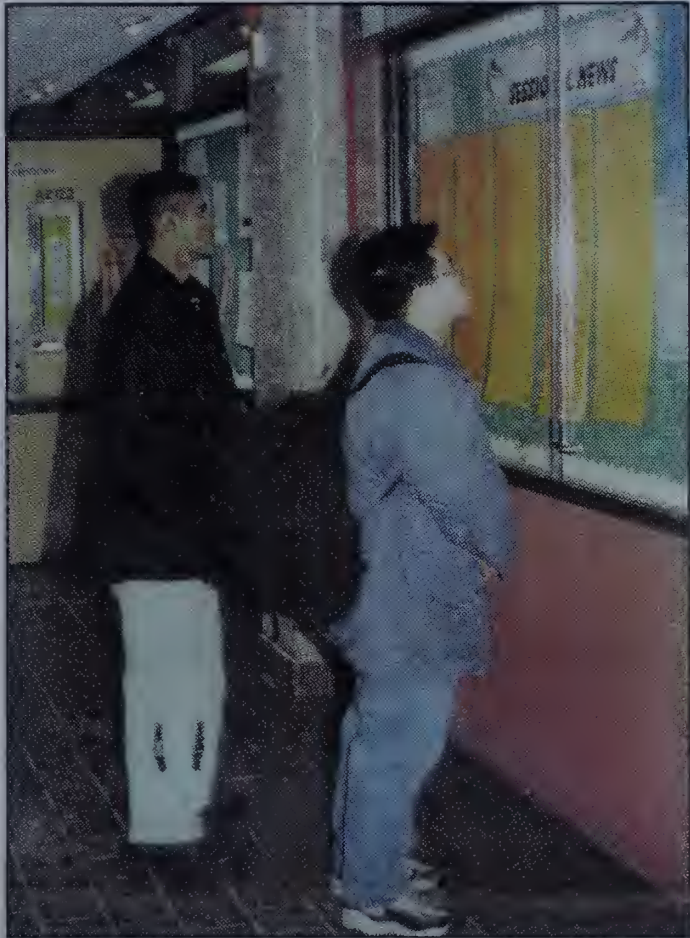
"Many students take half-year courses during the fall and need to know if they have fulfilled their prerequisites for their spring courses. Delaying when students get their marks results in late registration for their spring courses," said SAC Erindale Chair, Sommer-Anne Dhun.

Other students are simply annoyed at having to wait to find out how they did. Ryan Sowinski, a second year student, said, "It's frustrating to spend so many hours studying, and then have to wait so long to see the results."

One first-year student commented, "It's been over a month. I don't see why the marks aren't up yet."

So why does it take so long for

Students continued on page 2



Students try to make some sense of the course timetables posted in front of the Registrar's office while they wait for ROSI to process their marks.

Committee proposes parking fee hike

Fees could rise six per cent if motion passes

BY ADAM GILES

Next year, returning commuter students will likely see accelerating parking fees speed by them – and they won't know what hit them.

The UTM Parking Committee has drafted a proposal that, if passed at the next meeting of the Erindale College Council (ECC), would drive all parking costs up by six per cent and at least one student leader is concerned that students are not made aware of parking issues.

"I don't think very many students actually know what's going to happen with parking fees. If ECC votes in favour of the fee increase, anyone who parks at school will be affected and I really doubt most students will know about it until they line up at the parking office next year to buy their passes," said ECSU President Preena Chauhan, the only student on the Parking

Committee.

"I would like to see more student leaders involved in discussions about parking issues – not just ECSU. I'd like to see more students on the Parking Committee because it's kind of awkward at meetings when you're the only student. There were talks about having more students on the committee and I was under the impression that we'd do something about that this year."

Christine Capewell, Director of Business Services at UTM, who also sits on the Parking Committee, said that she has discussed ideas with Chauhan about how to better inform students about parking issues. "Preena and I have talked about the process [with a four-member, one-student Parking Committee presenting their proposal at the ECC] – it's not as good as it could be. We'll deal with the process in February or March because right now there's no proposal for how to improve it. I agree that parking issues could be more broadly dealt with. If parking was brought to QSS [Quality Service to Students], more students could be

Parking fees continued on page 3

Elections committee rejects Kumra's appeal

BY ADAM GILES

After months of working with a tattered and tired council, the Erindale College Student Union (ECSU) has

finally resolved the appeal of College Affairs Commissioner candidate Reetu Kumra. Eric McKinlay is ECSU's new College Affairs Commissioner.

Kumra's appeal disputed the accuracy of ECSU's mid-year by-election voter's list. According to Preena Chauhan, the elections committee, which reviewed Kumra's dispute, rejected her appeal because it found the voter's list to be 100 per cent accurate.

"The elections committee didn't find anything incorrect about the voter's list," said Chauhan.

Kumra's major argument was that one of her friends, who she said was a full-time student, was not allowed to vote because her name didn't appear on the voter's list when she went to vote. Chauhan said, "We discovered that her friend was not a full-time student. That pretty much gave us our answer. Once we found that out, a big part of the appeal no longer had any substance."

Chauhan said McKinlay has been patient in waiting for ECSU to resolve

McKinlay continued on page 3

Students look for study space at UTM

BY KATE CAMPBELL

This week, students at UTM have been getting back their marks on essays and exams, and some students have not been pleased with their marks. Could the lack of available campus study space be a factor?

According to the UTM library web site, the only change to the normal library hours during the exam period was keeping it open until midnight from December 4-7.

"I think it's evident that more quiet study space is required on campus. The only study hall in the South Building is often crowded. In the Student Centre, an idea could be to paint it and make it a comfortable student study lounge with lots of couches

Study space continued on page 3

More non-SC service



Here's another reason why the Student Centre sucks: When administration decides to relieve the long lines at Tim Horton's in the South Building, they haul a coffee cart into UTM. Fine...but where do they put it? In the Meeting Place (where there are now two Tim Horton's outlets within 50 feet of each other).

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QUOTE OF THE WEEK

"I'm going to beat the shit out of you and Richie...you can quote me on that"

- Fred Amirhoushmand, ECSU's bungling SC Programmer, threatens the Medium for printing the truth, page 5



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ECSU puts finishing touches on 'A Dick's Guide to UTM'

BY DANIELLE HANEK

The idea of having another guide for U of T seems redundant, but having a specific, user-friendly guide to UTM is new.

ECSU President Preena Chauhan presented a near-finished draft of the guide at a Quality Service to Students (QSS) meeting on January 11. Chauhan said she still needed submis-

sions from some campus groups. Chauhan said ECSU shied away from the title 'A Dummies Guide to UTM' because of copyrights. The guide is called 'A Dick's Guide to UTM' and it's a fictional story of a first-year student at UTM.

"The idea came out of Frosh Week as something that would be geared towards first year students. That way they could pick something out of their

frosh kits that was useful. They could read it and find helpful information about UTM and get a general understanding of the campus," said Chauhan.

"The main purpose of this guide is to give students tidbits of information that you would traditionally only find out through word-of-mouth – you probably wouldn't find these things written anywhere. For example, information about the opt out for SAC's dental plan."

The guide includes descriptions of services that campus groups provide. Chauhan compared the existing guides published by the university to ECSU's new guide.

"The 'Getting There' book is pretty extensive. And it's a really good book that every first year student needs to have, because it pretty much gives you everything for all the campuses. I think this (guide) is very Erindale specific. And I think with the response that I have gotten back, it has become a lot more detailed.

Everybody is submitting two pages of information, which is great. Initially it was to be a short collection of information, two to three pages worth of stuff, but I think anyone would say would say the more detail, the better."

"The main purpose of this guide is to give students tidbits of information that you would traditionally only find out through word-of-mouth"

– Preena Chauhan

"It's a good idea for first-year students," said Marcia Samsoodin, a first year student.

"It's good because students are sometimes shy about asking where to go. The guide would be good because it's for students from students," said Bart Trocki, a second year student.

"It could be useful if it's done right because there is a lot of stuff people

just don't know about because they don't want to ask," said Catherine Smith, a fourth year student.

There have been some delays in publication. Chauhan said the main problem was that it was hard to get submissions from all campus groups in a short period of time.

"ECSU wants to produce a booklet that's appealing so students will actually use it. The point is that ECSU does not want to reproduce information that you could find in the other guides," she said.

"We're also working on making it graphically appealing. That's what's so time consuming. We talked to SAC and then we talked about trying to do a joint event because they have a graphic designer downtown, but then that individual was constrained and couldn't take the project on. That's part of the reason why it got delayed. I am still waiting to hear back from certain groups – it would be incomplete to have the book published without them."



photo/Nuvera Mirza

ECSU President Preena Chauhan shows off her council's baby – 'A Dick's Guide to UTM.' The guide is aimed at helping first-year students learn about different campus organizations and services.

Students question mark-posting wait

Continued from front

the marks to be released? The responsibility to collect and post the marks lies with the Office of the Faculty Registrar at the St. George campus.

"Instructors submit their final marks to their Associate Chairperson or their Chairperson, depending on individual departmental procedures. The department screens the information to see if the distribution of marks is within broad guidelines, then gives the information to the Office of the Faculty Registrar for entry into U of T's academic-record keeping system," explained UTM Registrar Mark Overton.

The deadline by which this process must be completed depends on the course. For courses without final exams, the deadline is December 19. For courses with final exams, where the marks are submitted electronically, this date is January 11. In cases where the marks are submitted in hard

copy, the Office of the Faculty Registrar must have them within seven business days of the last exam. For example, a course with a December 13 exam must submit marks by January 5. Since the last day of exams is December 20, courses with exams on that day have to submit by January 12.

The final marks are then entered into ROSI by the Office of the Faculty Registrar. All final marks are available within a month after the end of the exam period, but this poses a problem for students anxious to enroll in spring courses requiring fall courses as prerequisites. In these situations, such as with MGM101/102 and BIO 152/153, departments notify students unofficially by putting up lists of the students who've passed the course, or have received a high enough mark to enroll in the next one.

As Overton explained, "Faculty of Arts and Science rules discourage departments from posting

final marks early, so these work-arounds help students in those situations proceed with or change their plans without having to wait for final marks to be approved and officially released."

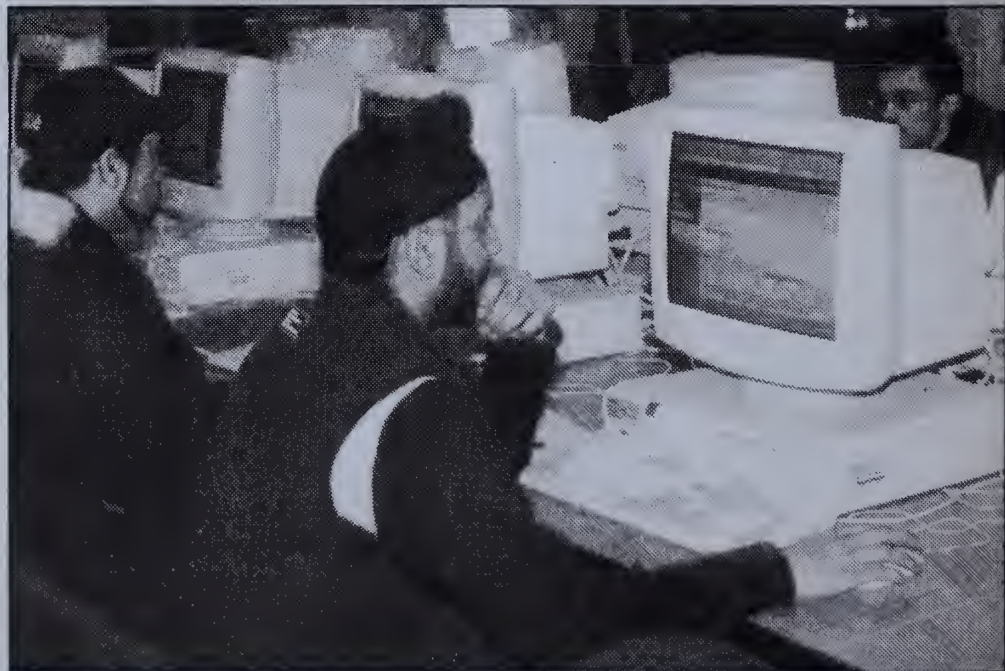
Some students still aren't satisfied with this arrangement, though.

"It would be nice to know how you're doing in the course before starting the next class in the new semester," said Katie Littlejohn, a first year student.

Another concern that students have is that the marks appear to have been posted later than usual.

"It seems that this year the posting of the marks has been delayed. However, we have not been given a reason why this occurred. As far as I can remember, this has not been an issue," said ECSU president Preena Chauhan.

Yet, according to Overton, "the timeline doesn't change much from year to year."



A UTM student looks through ROSI's web site, hoping to find his marks from first semester posted. photo/Nuvera Mirza

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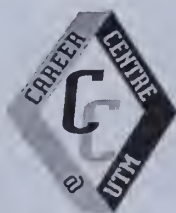
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Study space lacking?

Continued from front

and carpeting," said Preena Chauhan, ECSU President.

"One thing I would like to propose is a study hall or quiet study room in the Student Centre. All it would entail is wide tables, chairs and sound proofing the room."

According to Mark Overton, UTM Registrar, "everyone agrees that we would like to have more study space available, especially quiet space. However, I believe we actually opened up more space this year than has been available in the past."

With enrollment expected to increase at UTM over the next few years, availability of study space will be a big issue. Study spaces currently available at UTM include the South Building quiet study lounge, the library, room 2072 (one of the large lecture halls in the South Building), and the Meeting Place. The study lounge (room 110) and Panzerotto Pizza can be used in the North Building, and there is space in

the Student Centre, although the Presentation Room was unavailable during the exam study period because it was being painted and carpeted. As well, many residence students and commuter students used the Coleman Lounge prior to exams. Chauhan suggested turning one of the Student Centre boardrooms into a quiet study space.

"I have visited Sid Smith during the exam period and I have noticed the remarkable student turnout," said Sommer-Anne Dhun, SAC Erindale Chair, regarding study space at the St. George campus.

"This idea of a supervised 24-hour study area has been successful at the downtown campus."

Dhun suggested turning the Student Centre presentation room into a study area at night and to have Spigel Hall open longer during the exam period.

"We'll still look further into students' concerns though," said Overton.



A UTM student, looking for a place to study, stares at the library's hours of operation. Some students don't think there's enough study space on campus. photo/Nuvera Mirza

Mckinlay in, Kumra out

Continued from front

the appeal.

"He's been asking how the appeal process was going and what his status was and what he should be doing. We just told him to carry on as if the appeal wasn't happening until the elections committee made a decision. He's been learning about ECSU, but he hasn't really gotten into any official work yet," said Chauhan.

"I had a meeting with Eric shortly after we had the results of the election to discuss any immediate questions he had."

Chauhan said ECSU would hold a one-day workshop for its two new council members, Mckinlay and Seema Chawla (Advertising Director) as an orientation.

"We'll look over the constitution - they need to know it thoroughly. We'll take time to reflect on our first semester, on what we need to implement, and on

what projects we're taking on. We'll delegate who's going to do what for the rest of the school year," said Chauhan.

Despite the resolution of Kumra's appeal, ECSU still does not have a full council, as it appears that Student Centre Programmer Fred Amirhoushmand has quit ECSU.

"I'm just happy that there's finally been a decision with the appeal. It was hard to meet up over the holidays but I'm thankful that it's done - it dragged on too long," said Chauhan.



Eric Mckinlay

Parking fees to rise if motion passes

Continued from front

exposed to parking issues," said Capewell.

The plan to increase parking fees (including daily permits) by six per cent arose from next year's expected increase in enrollment and decrease in the number of parking spaces. This summer, UTM expects to begin the construction of the Communications, Culture and Information Technology (CCIT) building and Phase Seven of residence. Both of these buildings will consume existing parking spots - the CCIT building is expected to eat up about 100 lot-three spots, while Phase Seven will devour the majority of lot six (the residence parking lot).

In an attempt to alleviate the demand for parking spots at peak times, Capewell said administrators are trying to shuffle course timetables.

"We're hoping that rescheduling classes will make up for the 100-some-odd spaces we'll lose to the CCIT building. We assigned the task of rescheduling classes to the deans and they sound optimistic that they can do it," said Capewell.

"But we're going to have to expand lot six to compensate for the spots we're losing to Phase Seven because rescheduling classes won't do anything for residence students who need a spot to park their cars all the time. We'll have to pay for expanding lot six, so we are proposing a six per cent increase in parking fees for next year. The increase will also cover inflation."

Capewell said the Parking Committee is also trying to reduce maintenance costs.

"Next year we're planning to spend half of what we did this year on maintenance," she said.

Chauhan said she is opposed to the fee increase because students will be paying more for a product that will be worse next year. Throughout the year, UTM students have said that the experience of searching for a parking spot on campus is aggravating - an infuriating inconvenience at best. Chauhan thinks that, with more students and fewer spots, it will be harder to find empty parking spots

next year.

"For the amount of money that students pay for parking now, they're already complaining that they can't find spots. So if next year's fee increases, what difference will students see for their money? They won't see an improvement. They'll actually see fewer parking spaces and more people driving around looking for spots. I don't think rearranging class schedules is going to make a tremendous difference," said Chauhan.



The Parking Committee will present a proposal to raise all UTM parking fees by six per cent at the next meeting of the Erindale College Council. file photo

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EDITORIAL

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Voice your concerns

Editorial The problem came up in the Nov. 13 issue of The Medium. With the campus expansion beginning next year, experts knew parking spaces would be built upon, and students would have to scramble to park in fewer spaces.

To adjust for this – fewer spots, more students – the UTM parking committee wants to raise parking fees by 6 per cent next year. They claim this increase will cover costs for building more spots, and account for inflation.

Initially, this increase will upset students. Especially students who don't know what's going on. They'll return next year and pay their fees, and complain, and protest.

Students must understand the purpose of this fee increase.

Students complained in September that there weren't enough spots.

The campus needs more spots as it stands. With the addition of the new CCIT building in parking lot three, and Phase Seven over residence lot six, UTM needs to create more spots. Since demolishing these lots won't yield any extra money, the students must pay for the increase through parking fees.

In other years, when parking fees raised for no accountable reason other than inflation – those years should not have seen a raise higher than 2% – students should have complained.

Even better – the students should have filed these complaints at the ECC (Erindale College Council) meeting preceding these changes.

Now, the parking committee has a valid reason for the parking increase. This won't stop students from protesting, after the fact. (Although this is UTM – the protest will be silent at best).

The parking increase will go on the table during the next ECC meeting on February 1, 3-5 p.m. in the South Building council chambers. If you have any concerns about parking, voice your opinions then – when it really matters.

Don't like the Medium?

Last week, ECSU's Student Centre Programmer came into the Medium office, threatened to sue us, and physically threatened me and news editor Adam Giles (see opinion on page 5).

This is not the action of a student leader. This is the action of somebody irresponsibly blaming the messenger. And this isn't the first time this has happened.

Every week, The Medium reports on campus issues. The Medium finds out what's happening on campus, and tells students about these events. We go around the school and search for details, search for names, and search for anything news worthy. We don't do this to fill space, or waste our time. We do this because we're obliged to – it's our job.

You pay us \$7 to do this out of your incidentals.

We're accountable to you.

So why would anyone complain when we report facts? If you're paying us to tell you about the campus – because most of the important things occur behind closed doors, or in an instance – impossible for all to see – why would you attack us for doing so?

Students or administrators may feel that we target people or groups and slam them for some reason, but we don't make the news, we report it.

If an ECSU member fucks up, we'll tell students about it because students – The Medium staff included – pay their salaries, and deserve good leadership.

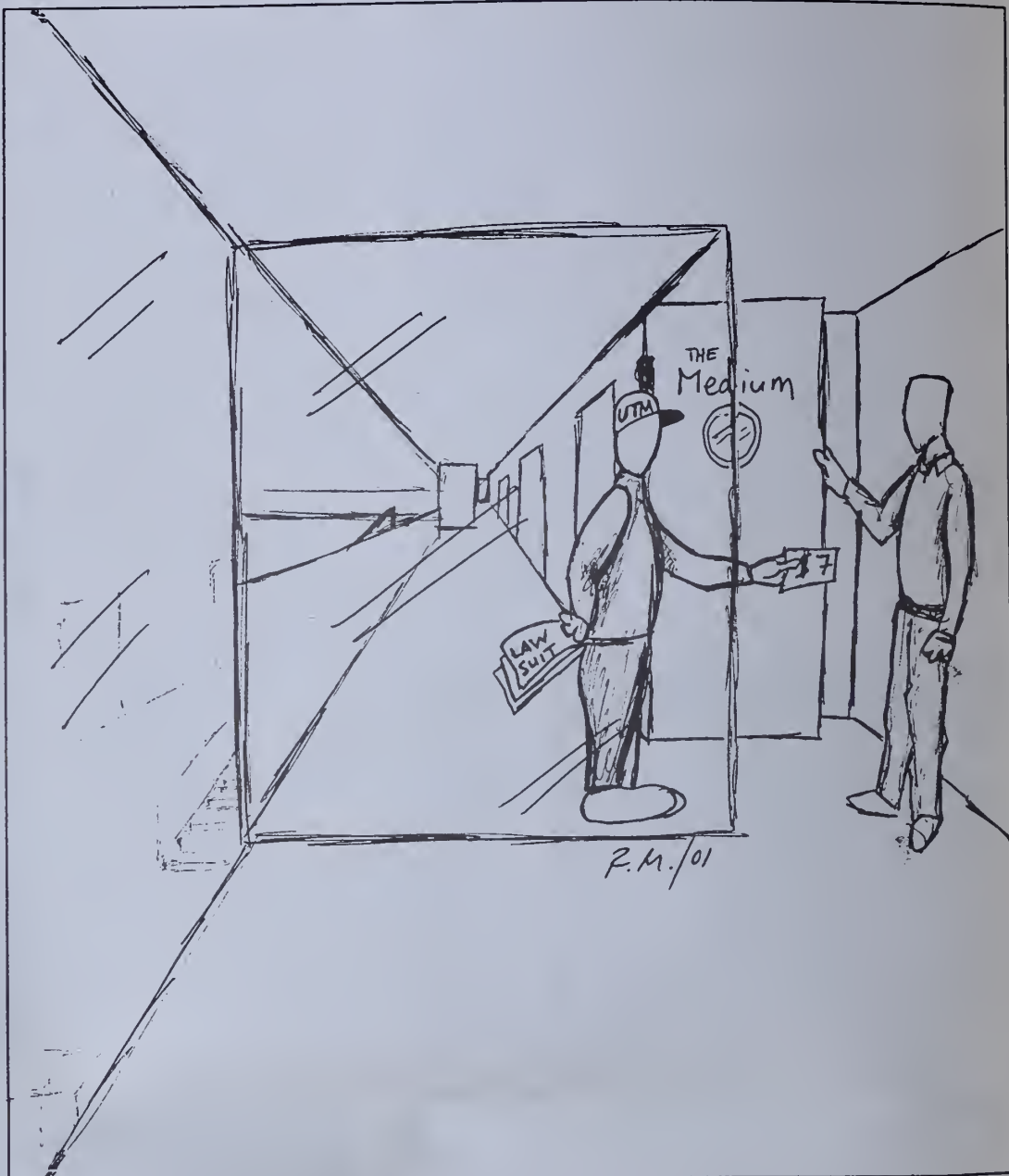
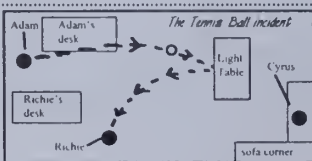
If we reported only good things, we wouldn't be doing our job.

If we reported only bad things, we wouldn't be doing our job.

And as long as student leaders march into our office and threaten to beat the shit out of us – when they were responsible for every defaming action they performed – we're going to continue telling students that that student leader is unfit for office – whether they like it or not. It's what you pay us to do.

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UT's coming to town! finally. My quest for sleep continues. The most fucked up thing happens on Sat. So, I got up from my desk to approach Cyrus, whose seated on the sofa. Adam throws a tennis ball from his desk towards Cyrus. The ball bounced off the side of the light table and landed in my left hand as I walked towards Cyrus. We turned the Medium into a film studio last night. Sun9pm I blew a spit bubble that wouldn't burst. "Yee eh may wee pee" anyone who deapthens this will get something cool. Nuvera, Jen & Adam are taking your photos this week. You owe them. My eyes feel like somebody's taking a razor blade and removing



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OPINION

Student leader Amirhoushmand threatens the Medium

By Adam Giles

The following is an account of the events of Wednesday, January 10, 2001 at 2:15 p.m. in The Medium office. The words "I'm going to beat the shit out of you and Richie...you can quote me on that" are Fred Amirhoushmand's - verbatim.

I plunk myself down on the L-shaped couch in the Medium office armed with my blue Paper Mate medium-ball-point pen, a notepad, and my UTM agenda. The next item on the agenda for today: 'Meeting at 3 p.m. with McNutt.'

I scratch the capped end of my pen against the side of my head and squint. I put pen to paper and draw circles until the blue ink starts coming out. In my finest chicken-scratch writing, I scribble 'McNutt' at the top of the page and list a series of questions about this week's parking story:

-Any further developments with the parking situation?

-Will there be a proposal to increase parking fees brought to the next ECC meeting?

-Are students involved in the process?

-Does administration feel guilty about sucking away students' hard earned dollars? Explain.

I stop. I tap the end of my pen on my pad of paper and drum along to Guns N' Roses' 'Knockin' On Heaven's Door,' which is playing

loudly in my head. I look over at Jen sitting at her computer, typing. I look over at Romano muttering something into the phone at his desk.

Jen looks over.

"What stories are you working on for this week?" she asks.

"Uh, a few things actually."

"Like what?"

"Parking fees are going up by six per cent next year."

"That sucks."

"Yeah especially since there's going to be more students and less spots next year."

"Okay, how can they charge more money when it's going to be harder to find spots next year?"

I shrug. "It's fucked up."

"What about Vibe?"

"Who?"

"Radio Erindale."

"Oh, our beloved campus radio station? Right. Yeah, one of the deejays at Radio Erindale told me that Dion is going to do his own show and he's going to pay the \$40-dollar volunteer fee. He said Dion's going to make a giant cheque and present it to one of the other people that work there in front of their office as a joke."

We laugh.

"Where are they going to get a giant cheque anyway?" Jen asks.

I shrug. "They'll probably waste more student money and buy one.

Then they'll raise their volunteer fee."

We laugh.

Jen turns back to her computer and types. I look up, yawn, and stretch my arms. I tap my pen against the giant cardboard 'Saving Private Ryan' poster covering the window beside the couch.

"Knock, Knock, Knockin' on Heaven's door."

BANG, BANG, BANG: A loud knock at the door beside me.

Jen's head swivels around quickly and she stares at the door. I swing my legs off the couch, stand up, and open the door. A tall, slim, spiky-haired person has their back turned to the door. He turns around. It's Fred Amirhoushmand - ECSU's Student Centre Programmer.

"Bro," he smiles.

"Hey. Fred. Where've you been?" I smile. I know why he's here. He's probably not happy about the story and editorial we printed about him in the paper last week. I had written a story called "Amirhoushmand goes AWOL" about how ECSU members hadn't heard from Fred in weeks.

Fred saunters into the office, closes the door behind him, and asks where we got the picture we printed of him on the paper last week.

I bend my eyebrow for a second. Picture? Oh right the picture we put on page two of Fred standing in front of a bush with his hands in front of him, his legs spread apart, and his head turned back looking at

the camera - the picture where it looks like Fred is pissing in the woods.

"I got it from ECSU. You had it posted in your front window down there, remember?"

Fred shakes his head and says, "Wrong answer."

"What?" I sit back down on the couch while Fred paces around the office.

Fred tells me that he's suing us for defamation of character. He raises his voice when he asks why we ran that picture. He says that we better have a lawyer. He asks if we are a corporation or a separate business.

"A corporation. Medium II Publications."

Fred picks up a copy of last week's paper and leafs through it. He stops at the editorial page. He asks why we didn't call him before we printed the story and editorial. He slaps the newspaper with the back of his hand.

"You haven't been around the office in ages. Your office couldn't give me your home phone number. Your council hadn't heard from you in weeks. I thought you were in hiding or something. Why, is the story inaccurate?"

Fred says yes.

"What parts?"

Fred says that he doesn't know. He says he didn't read the story.

I close my eyes and shake my head.

Fred says he wants to see us with a lawyer soon. Fred says he's suing us. He says he's suing me, Richie, and the Medium. He stops and looks at me.

He continues. "And I'm going to beat the shit out of you and Richie."

"Woah, woah. What was that?"

"I'm going to beat the shit out of you and Richie. You can quote me on that."

I look over at Jen, who looks back at me.

"Jen? You heard that right?" I ask.

Jen nods. I pull my UTM agenda off the couch beside me and scribble down Fred's quote, with the date and the time. Fred paces around the office a little more, solemnly staring at the pages of the Medium.

Fred says that we should let him know when we have some lawyers. Fred strolls to the door.

"Nah, we'll wait to hear from you," I say.

Fred says we won't be hearing from him. He says we'll be hearing from his lawyers.

I close my eyes and shake my head. "Okay Fred, thanks for stopping by."

Fred opens the door, steps out of the office, and politely closes the door behind him.

"Wow, he gave us permission to quote him on his threat," I say to Jen as I walk to my desk and dial 5200 - Campus Police. "That was nice of him."

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Image: perceptions of the self...

BY JASON LEE

I stood in front of my bedroom mirror on a hot summer day in August - the August after my first year at UTM. I weighed over 320lbs.

I didn't know my exact weight because my scale didn't move past 320lbs. The pointy red needle stopped abruptly when it reached the 320 point. My legs didn't look like legs because of the way they connected to my hips. My hips didn't look like hips because of the way they connected to my buttocks. My stomach skin overlapped and blanketed my hips and buttocks and hovered over my legs like a spare tire on a flabby pedestal. I decided to change.

Everyone has a different opinion of what it means to "look good." Everyone does want to look good. I wanted to look good. Deciding to change, for me, needed more than a simple commitment, more than just the traditional simple advice from a doctor. Doctors spend close to 10 years of

advanced study and still issue the same advice year after year concerning weight loss—eat healthy, eat less, exercise more. I knew if I wanted to change my physical self, I also needed to change internally.

I needed change not because the doctor told me I'm at risk of heart disease or because my parents say I'll never get married, nor is it because my friends could party until 4 a.m. while I feel tired one hour into the night. And it isn't because I want

bulging biceps, a protruding chest and a 30-inch waist. I needed change because I wanted to challenge myself. I wanted to see if I could feel better about myself, for myself. Too many people have too many preconceived ideas about weight loss, nutrition, exercise, and change, and because of this, many people lack the power to drive themselves away from traditional ways of thinking enough to change inside and out.

Change doesn't mean conforming to

popular images. Change means conforming to what a person perceives as ideal for him or herself, and learning what he or she wants. This includes being happy with one's current self. Usually, this is not the case.

People may attempt to solve weight problems without proper guidance and without taking the time to learn about the problem. Whether someone wants to lose 5lbs or 500lbs, many people take the wrong first step - trusting and depending on others to solve all

their problems. Don't listen to fitness gurus talk about nutrition and exercise. Don't conform to the images they present. Always research beforehand. Determine what the problem is, research the subject matter, ask questions, and then take action. Fitness professionals and doctors can aid a person during the changing process, but cannot solve the problem entirely.

A person who exhibits this dependent behavior, who is obsessed with looking

I lost over 120lbs of body weight, decreased my body fat, and increased my LBM. I have done this without reducing or limiting foods and without spending hundreds of dollars monthly on supplements.



photo/Navera Mirza

a certain way, and who many resort to extreme measures to achieve this goal, may suffer from body dysmorphic disorder (BDD). The behavior of a person with BDD is neither good nor bad. BDD can cause the sufferer to isolate himself or herself from others, keep a strict schedule, or resort to dangerous and unsafe methods, such as the use of drugs in training. A BDD sufferer cannot define his or her own goals. Rather than having constructive goals, BDD sufferers behave in ways that hold destructive consequences. Someone with BDD may not know exactly why he or she wants to gain muscle or lose weight, or change some other aspect of their appearance. Dr. R. Earles, retired professor in U of T's Faculty of Medicine, calls this "character armour." "They build this fake armour to cover their vulnerabilities and to protect themselves emotionally from other people with a false notion of security," says Earles.

Supplement users should use caution. Supplement companies and fitness professionals are not obligated to back up their claim. Various supplements are designed around the small percentage of the population that responds positively and noticeably to these supplements. When someone gets sucked into an advertising campaign that promotes new supplements with questionable claims, he or she conforms to the images of others, and buys into the idea that a pill will solve all their problems.

People may spend \$140 for a bottle of beta-hydroxy beta-methylbutyrate (HMB). HMB is considered to prevent muscle breakdown and aid in muscle development - or \$50 for a bottle of conjugated linoleic acid (CLA) - CLA is believed to enhance metabolic activity at the cellular level, which increases metabolism and speeds muscle development. The equivalent can be found by eating a handful of natural almonds and drinking a spoonful of raw heavy cream in coffee. Worried about the fat intake? The more muscle a person wants to build, the more healthy fat a person has to eat. Fat is necessary. Why else would fat be found in protein foods? People often remove the yolk from eggs. Egg yolks contain natural fat burning enzymes that aid in the digestion of the egg whites. Studies have shown that egg yolks do not raise

the bad cholesterol level in blood.

Diet does not mean reducing and limiting foods. Diet is a word that describes the different types of foods consumed - a vegetarian diet, for example. Being on a diet means changing the types of foods eaten and not necessarily changing the amount. Losing weight or gaining weight should not be the focus. The focus should be on the percentage change of body fat versus the percentage change in lean body mass (LBM). LBM + body fat = your weight.

LBM is everything in the body - organs, muscles, and bones - everything except fat. LBM weighs more than fat. A person can appear to lose weight even though his or her weight on the scale increases, if LBM increases and body fat decreases. If the percentage change in both LBM and body fat decreases at the same rate, then technically, no weight is being lost. The goal for proper weight loss is to decrease the body fat percentage. The goal for proper weight gain is to increase LBM. Either becomes more plausible with proper nutrition and exercise.

Proper nutrition does not mean spending hundreds of dollars on supplements with questionable claims. To gain LBM, a person must eat a sufficient amount of protein and eat frequently - eating five to seven meals per day builds metabolism - whether your goal is to lose or gain weight.

I lost over 120lbs of body weight, decreased my body fat, and increased my LBM. I have done this without reducing or limiting foods and without spending hundreds of dollars monthly on supplements. My legs and hips look "normal." I am able to walk comfortably. My definition of "looking good" has changed, as have my goals, because of the learning process I went through in order to change myself. I learned that change is possible, and that change should make me feel better for myself - and not for anyone else.

A new product will always be introduced on the market with questionable claims. The question to bear in mind is whether to set personal goals or to conform to those of others. Anyone wanting to change has to learn from him or herself what he or she wants. Set realistic goals. With proper nutrition and exercise, the human body has the ability to be more powerful than any drug.



Some supplements may work only for a small percentage of the population.



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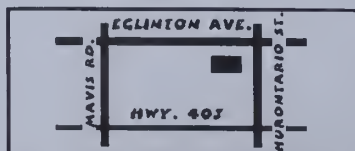
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Changing Face

BY AMANDA HU

Last year, I underwent an elective jaw surgery. The surgery is supposed to prevent gum disease, reduce plaque build-up and orthodontically correct my bite. But, my main reason for having the surgery was aesthetic enhancement. For four hours, surgeons retracted my lower jaw, lengthened my upper jaw, and used small titanium screws to hold my bones in place so that I would not have to be wired shut for six months. I faced two months of liquid diet meal replacements and six months of non-strenuous physical activity. The question I am now asked most by my friends is: "Why did you decide to go through with this surgery?"

"Vanity" is the first answer people think of, but the real answer is self-confidence. I want to look in the mirror and like what I see. That reflection in the mirror is not only how I see myself, but also how the world sees me. Identity has been irreparably tied to appearance in society. I had this surgery for myself, not for anyone else.

The media constantly bombards us with images of beautiful people: slender, hourglass figured women with large breasts and big, bronzed muscular men.

This starts in childhood when kids play with Barbie and Ken dolls. These images are unrealistic. If Barbie were a real woman, she would have an 18-inch waist and buckle over from the weight of her bust. Fashion models weigh 23 per cent less than the average female. Studies show that only the thinnest 5 per cent of the female population can attain the ideal body type



Example of elective surgery: Before



Example of elective surgery: After

portrayed by media. Perhaps I did feel pressure from media stereotypes to change the way I look. We are irreparably influenced by the society we live in.

People are often criticized for judging others by their appearances. As the old sayings go, "don't judge a book by its cover," or "looks can be deceiving." It's human nature to judge superficially. The first impression is usually the strongest. This is

why people dress up and groom themselves for a job interview or other important encounters.

It is easy to judge by outward aesthetics. The alternative judging criteria - personality, behavior and intelligence - are more intangible.

That reflection in the mirror is not only how I see myself, but also how the world sees me. Identity has been irreparably tied to appearance in society. I had this surgery for myself, not for anyone else.

These qualities may take years to judge, while appearance takes only a second. My religion professor asked us to meditate on the Zen question, "what was the appearance of your face before your parents were born?" I think that this quote means that the intangible qualities of an individual are most important. The appearance is just the packaging.

Before my surgery, no one commented on my profile. People used to ask my mother or ask my sister, "What's wrong with your daughter's jaw?" or "Why does your sister's jaw protrude so much?" Now, the same people compliment me on my improved profile.

In a superficial, judgmental and hypocritical world, is it wrong for me to want to put my best face forward? Is it wrong for me to want to face the world knowing that I look the best that I can look? I don't think so.

After receiving compliments, I wonder what looked so wrong about my appearance before the surgery? My profile did not look hideous. I exaggerated the problem in my mind. The psychological impact of my surgery turned out to be far greater. I used to always keep my hair long so that it covered and hid my face and my profile. After the surgery, I cut my hair short. I don't feel I need to hide behind anything anymore. I feel more confident when I meet new people, I act more assertive with my existing friends, and I now walk into job interviews feeling more confident in myself.

I write this now not to gain pity, but respect. I am not an "airhead" obsessed with how I look or obsessed with how society thinks I should look. I am still the same person I was before the surgery, only now I feel complete - mind, body and soul. I am a student, a tutor, a writer, an athlete, a musician, a daughter, a sister, and above all, a human being.

Surgery gains respect

BY KAMARA JEFFERY

Whether it is a problematic nose or protruding chin, cosmetic surgery has significantly impacted North America over the past decade. The public is fascinated by stories of how reconstructive plastic surgery can repair various injuries and birth defects.

Aesthetic surgery can also help patients resolve body-image issues.

Contrary to the misconception held by some people, cosmetic surgery can have positive effects. Vanity or a quest for perfect physical attributes does not motivate most cosmetic surgery patients. Very often, a patient may seek

an alteration because he or she feels his or her physical features promote a negative self-image, psychological stress, and, as a result, limit the quality of life. Plastic surgeons often describe a link between body image, positive attitude, and physical health.

➤ *Cosmetic continued on page 8*

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"Our Stories"

"Our Stories" is dedicated to showcasing student talent. This section appears regularly in The Medium as student submissions are received.

So, whether it's poetry, short stories, or photography that interests you, "Our Stories" is an outlet for your creative expression.

Kenji's Fountain Song

BY MEIKO LEE

a single stone:
unbreakable, rigid
eternally alone

unnoticed
kicked into dirt
that stone is not made
for beauty or dreams

what is made for dreams
but water is clear, glass-like,
yet unbreakable.

shapeable because of its fluidity

it could be an ocean,
a lake, a river,
or stream

flowing down a mountain
or a small and simple
fountain

but what is water in a dream
without sound? add a stone
add more stones
and listen
to the water
flowing over those stones

trickling, tickling,
bouncing off stones
glass-like, but unbreakable
taking shape over stones
wrapping around, encasing them
becoming one

the perfect combination of
what is fluid and what is rigid
dreams with sound
beauty is found
never alone
water and stone.

My True Friend

BY MEIKO LEE

I feel this is the most important message I will ever send.
I don't know you, nor have I ever met you,
But I know you are out there, my true friend.
If you find yourself feeling very touched
As you read on,
Then you must be "the one,"
And I would like to get to know you very much.

We will spend much time together,
Laughing, crying, sharing secrets and feelings,
Our talks will go on forever.
It won't even matter where we are,
By a campfire under the stars,
By the seashore when the sun rises or sets,
Indoors when it's stormy and wet.
What is important is that we are by each other's side,
A perfect unit that cannot divide.

In a time when selfishness thrives, we shall represent the anomaly.
Our friendship will survive because we will give and take equally.
Between you and I, thoughts and feelings will be easy to read,
For kindred spirits are what we will be.
Although there will be times in which we disagree,
Empathy and respect will help us to stay argument-free.
We will never feel jealousy against each other,
Because we will only want the best for one another.
If we ever fall in love with the same man,
I want you to be with him.
Why? Only you, my true friend, can understand.
And if anything between you and he should go wrong,
I will run to your side to help you be strong.

The list could go on and on.
What other qualities should a good friendship bestow?
Only you, my true friend, would know.
Time passes so quickly, and we have not met,
I know not how to find you, I do regret.
But this message I send is a start,
And I am waiting to meet you with all my heart.
This is where my thoughts, but not my hopes, end.
Good day, good night, wherever you are,
My true friend.

A Poem

BY DANIEL BULLOCK

Falling leaves of Autumn's dawn,
The air assumes a chill,
The Trees bear their forgotten
dreams,
Summer's breath is still.

Cotton-slate, the ether sky,
The harbinger of snow,
Though crimson-orange first
takes place,
Arboreal glory low.

(CLUBS) CORNER

MINISTRY OF HEALTH LAB VISIT

Friday Jan. 19, 2001

8:30 am-1 pm

PLAN

- 8:30 Meet at Parking Lot 8
- 8:45 Leave Erindale and Travel to Ministry of Health
- 9:30 Tour Chemistry Labs, Aids Lab, Drug Testing Lab, and PCR Lab
- 12:15 Leave Ministry of Health and Travel Back to Erindale
- 1:00 Arrive at Erindale

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Non-Members \$2(Plus \$5 deposit)

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12:30 pm Singers/Actors
2:30 pm Dancers

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Cosmetic surgery on the rise

Continued from page 7

"Feeling younger, improving overall looks, and boosting self-esteem are the leading reasons that women cite for having facial plastic surgery," says Dr. Peter Adamson, professor of Otolaryngology at the University of Toronto and President of the Canadian Foundation for Facial Plastic Surgery. "Facial plastic surgery has clearly evolved into a natural extension of today's pursuit of a healthy lifestyle."

The term "plastic surgery" comes from the Greek word *plastikos*, meaning to reshape or form. Plastic cosmetic surgery reshapes normal structures of the body to improve appearance or self-esteem. Procedures such as facelifts, liposuction and nose reshaping are the most common cosmetic procedures.

Studies have revealed that women are most likely to undergo

cosmetic surgery. Men make up only nine per cent of cosmetic surgery patients. Studies have also shown that cosmetic surgery has increased over the last five years. In North America alone, plastic surgery procedures in liposuction, breast augmentation, eyelid surgery, and facelift surgery have significantly increased. The Society for Aesthetic Plastic Surgery's study of five-year trends reported that procedures of all types have increased by at least 50 per cent in all cases. Reasons for the significant increase in aesthetic surgery procedures are most likely a result of aesthetic surgery gaining wider social acceptance as a method of enhancing body image and self-confidence.

UTM students had varying views on undergoing cosmetic surgery:

"Sometimes cosmetic surgery can be good - it can help with insecurity by boosting self-esteem. It also helps people to feel more confident when applying for certain positions."

-Jamon Webster

"I think it's a sad state of affairs when people feel that they should have cosmetic surgery in order to be beautiful. People should be happy with themselves, but choosing to have cosmetic surgery is a personal decision."

-Kaighn Rehner

"Cosmetic surgery is beneficial for people in cases such as severe accidents in which faces are disfigured. It helps them feel better about themselves."

-Sandeep Kler

ARTS & ENTERTAINMENT

Bluegrass crooning scores in *O Brother, Where Art Thou?*

MOVIE REVIEW

BY JENNIFER MATOTEK

The American South – a slow and beautiful place, a place where schools and businesses used to let out early on hot days, a place where yards of moss drip from hundred-year-old trees, a place ripe with racial tensions. Combine this portrait of the South with a bluegrass musical soundtrack and a narrative loosely based on Homer's *Odyssey* and you get *O Brother, Where Art Thou?* a musical comedy held together by the quirky sensibility of the writer-director-producer team, the Coen brothers (*Fargo*, *The Big Lebowski*, *Raising Arizona*.)

George Clooney stars as Everett

Ulysses McGill, a petty criminal who escapes jail with his two best chain gang friends, Delmar (Tim Blake Nelson) and Pete (John Turturro.) During their journey to seek fortune and glory and escape a life term of hard labour in Mississippi, the trio are relentlessly pursued by the police headed by the nefarious Lawman Cooley (Daniel Von Bargaen.)

Everett, Delmar, and Pete bump into a colourful cast of characters after their jailbreak, as the trio receive premonitions from a railroading blind prophet and get seduced by three muses – courtesy of Homer's *Odyssey*.

But the Coen brothers also add their own absurd, contemporary twists on the heroic tale, the whole trio follow an adventurous path derived from the creators own imaginations, as Everett, Pete and Delmar record a song with a

guitarist who's sold his soul to the devil at a small-town radio station – which is where the musical part of the film collides with the movie's comedic elements. Everett, Delmar and Pete also bump into the candidates running for state governor, as they hitchhike and bank-rob with a big-time 'baby-faced' crook.

Luckily, the nutty-looking, supporting cast of *O Brother Where Art Thou?* gets as much screen time as Clooney, Nelson, and Pete thanks to the movie's slow, laid-back approach. (Thanks also goes out to usual heart-throb George Clooney who's opted to go scruffy in this film, and as a result churns out a great performance.) It makes me wish that movies would start casting people with more interesting, unusual faces and body types – gorgeous people get so boring to look

continued on page 10



Tim Blake Nelson and John Turturro try to squeeze into the camera's lens in the musical comedy *O Brother, Where Art Thou?* but George Clooney's head is just too damn big. You can chart the growth of Clooney's head by watching reruns of ER.

Zemekis' *Cast Away* is well cast but badly plotted

MOVIE REVIEW

BY DANIEL BULLOCK

In Robert Zemekis' newest film, *Cast Away*, a freak plane crash leaves FedEx employee Chuck Noland (Tom Hanks) stranded on a deserted island. Only his willpower and keen intelligence will help him to survive. Sound like a good plot for a movie? Pity it wasn't used to it's full potential.

esting, they pull a cheap "four years later" stunt that evoked visible discontent among my fellow viewers.

While the silent island scenes contain beautiful scenery, and several powerful, if slightly "bathtub-y" storms, almost all of the post-island footage is painfully trite, badly written, and melodramatically directed. It's a shame, particularly considering the comparatively subtle approach taken by Zemekis during the island scenes.



Tom Hanks stands proudly beside a tally representing the estimated I.Q. of *Cast Away*'s screenwriter, William Broyles, Jr.

Once Noland washes up on the shore of his unnamed island, *Cast Away* focuses on his character's attempts at survival. But as the film progresses, it's focus shifts to more emotional material, as Hanks grapples with the intense loneliness of being cut off from society.

Only half the movie is actually spent on the island (and I don't mind telling you that since the trailer did too), and just when the film develops into something inter-

The chemistry between Helen Hunt and Tom Hanks is virtually non-existent, and the only convincing interaction exists between Tom and his volleyball and "island friend," Wilson.

Although Tom Hanks give a remarkable performance (while he's stranded on the island,) it's not enough to make up for the film's poor conclusion. At least *Cast Away*'s premise makes for a good, if not great, movie.



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DRINK RESPONSIBLY*

Dark humour of *Stones In His Pockets* lends weight to the remarkable performances

THEATRE REVIEW

BY JENNIFER MATOTEK

It seems appropriate that Marie Jones' play, *Stones In His Pockets*, a darkly satirical probe into the Irish film industry, should arrive here in Toronto, the newly crowned Hollywood North, before the production moves on to Broadway audiences.

Set in a small village in County Kerry, Ireland, *Stones in His Pockets* examines how fifteen lives get turned upside down during the filming of the fictional "The Quiet Valley" – a humorous take on the filming of the actual Republic Pictures film, *The Quiet Man*.

But the satirical twist of this production lies in the magnificent casting of actors Conleth Hill and Sean Campion, who portray fifteen distinctly different characters with little assistance from the production's lighting designer, costume or prop



Conleth Hill and Sean Campion star in *Stones in His Pockets*, a dark comedy by Marie Jones about the filming of major Hollywood movie in the Irish countryside.

departments. (I'm sure such low production costs will thrill and titillate every theatrical producer who sees this production.)

This sparse approach communicates the few and fickle resources available in Ireland, compounding the idea that Ireland is just a place that outsiders seek "to use," as movie extra Jake Quinn (Campion) notes during the heavy-handed second act of the production. The first act of *Stones In His Pockets* opens with the introduction of its core characters, Charlie Conlon and Jake Quinn, two down-on-their-luck local Irish boys who've decided to take a stab the film industry by becoming movie extras.

It takes time getting accustomed to the mimed props, confined stage actions, and jumps from character to character, but Hill and Campion slip into skins of the local crumudgeon, Mickey, the production's director, Clem, and a whole cast of other extras and relatives with compelling,

energetic ease. (Campion's character, Jake Quinn is ironically related to almost every extra in the film production.)

Some of the more memorable roles Campion and Hill take on include the film's sexy American star, Caroline, played with hair-flipping, shallow hilarity by Hill, and Rachel, the perkily bitchy assistant director on "The Quiet Valley," played with sincere, loopy eagerness by Campion.

The production's best moments are the ones where the script mocks and criticizes the insincere red tape of the film industry, and how it monopolizes on normal, under-privileged people and unforeseen events to turn a profit. Strangely, the slowest and most melodramatically awkward moments of the production are when the script delves into the significance of the play's title, *Stones in His Pockets*.

Playwright Marie Jones tries to give the production deeper significance by exposing how the plights of a single individual affect an entire Irish community. But the production's best moments lie in the light satire and darkly comic underbelly of *Stones in His Pockets*.

As a result, the first act of the production seems more polished and tightly paced than the second half of the production, which winds the show down on a disjointed note. The problems present in the stage production are clearly intrinsic to the playscript and not the fault of the director, Ian McElhinney, who does an excellent job clearly articulating the production's distinct characterization as portrayed by the fabulous stage actors.

And you won't catch a production playing in Toronto with better performances, as Campion and Hill fuse their characters with the perfect proportions of genuine warmth and hilarious haminess. Catch this production while you still can.

Stones In His Pockets runs at the Winter Garden Theatre until February 25th, 2001.

O Brother continued...

continued from page 8
at on the big screen.

Joel and Ethan Coen are remarkably confident storytellers who trust that their audiences will become engaged in the plot of *O Brother, Where Art Thou?* as they allow their story to take its time, and wind its way to an enjoyable conclusion. Beautifully choreographed, *O Brother Where Art Thou?* is essentially a slow, simple, series of portraits of the quirky supporting cast revolving around Everett's journey through the traditional cycle of the hero-spiced up with lovely yellow and green-toned cinematography and a gorgeous collection of bluegrass sounds that add emotion and warmth to the film. If you like movies by the Coen brothers, you'll love the way *O Brother, Where Art Thou?* takes its time to tell a simple, character-driven story, but if you prefer the usual, fast-paced, tightly edited, more generic movie fare, you might want to buy a ticket to a different movie, cause *O Brother* might make you leave the theatre thinking just that.

CD REVIEW

BY TJAN SANTOS

Mastermind

Mastermind presents Volume

50: Street Legal
(EMI)



The mastermind behind this album deserves to be called "Mastermind." In Volume 50: *Street Legal*, Mastermind presents something unheard of in the Canadian hip-hop industry – a good, underground compilation of Canadian hip-hop. This DJ turned producer mixes underground Canadian artists with commercial American artists, putting artists such as Kardinal Offishall (of "Northern Touch" fame) and Rah Digga (first lady of the Flipmode Squad) together on tracks like "Lights Out." Such offerings are sure to keep hip hop heads happy.

What makes this album so good is the fact that he takes songs that didn't get much air play (such as "Cherchez Laghost") and mixes them with more underground songs to give both tracks more commercial appeal. One song off the album that's starting to get more air play is "Bump!" featuring Choclair and newcomer Mr. Roam.

So far, I have only praise for this album, except for one thing... female influence. Where all the girls who should be on this record? Mastermind only introduces to us Rah Digga, who, if you ask me, has one of the worst rap voices I've ever heard. Luckily, MC Mastermind introduces us to Blade, who used to tote herself as Sonya Blade, and serves as one of the best female MCs to step up to the mic – "Look 4 Tha Name" is definitely the kind of underground female MC shit I'm looking for. Get this album.

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Art & Art History students display exhibitionist pieces in local exhibitions

ART REVIEW

BY JENNIFER MATOTEK

Students in UTM's joint Art & Art History programme exhibit everywhere these days – Paris, Milan, New York – you name it. Actually, that's a fib. Art & Art History students aren't exhibiting worldwide, but they are exhibiting in the exotic locales of Oakville and Toronto (with worldwide travelling exhibitions sure to follow at some point during the student's artistic careers.)

Fourth year Art & Art History student Amie Tolton's show, *Usual Icons*, at the VMAC Gallery on the fourth floor of 401 Richmond in downtown Toronto, isn't so much a solo show or retrospective on her photographic work (as the Art & Art History's Bill Huffman award suggests,) but a group show. Amie Tolton shares her gallery space with portrait photographer Kim Tomczak and digital artist Carl Skelton.

Tolton shows a loosely linked narrative of eight sixteen inch by twenty inch images that create visual links between modern club culture, religion, and reality vs. fantasy neatly captured behind plexi-glass frames and somewhat detracting large, plastic clips.

The first grouping of four images from the "Club Life" series, produced in collaboration with fellow Art & Art History student Christian Badanjak, combine garish lighting with stylized poses in club and party settings. The constructed composition create a cluttered, updated, and colourized twist on the movie stills produced by photographer Cindy Sherman, combined with a style more akin to the staged, large-scale images of Vancouver photographer Jeff Wall.

The complicated, body-laden compositions are filled with frenetic activity delivered to the viewer in a state of statically captured motion. The oversized, Polaroid-like printing of the images echoes this feeling of staged instantaneity.

Tolton's other four images convey more claustrophobic, pulp scenes of controlled chaos, as a darkly printed, ironically portrayed vision of the Madonna vomits into white porcelain toilets and onto corrugated cardboard, leaving the viewer to wonder: is this a depiction of the Virgin's untalked-about morning sickness? Or is this a vision of an ordinary party girl who's had too much to drink?

The answer probably lies somewhere between the image's contemporary visual twists and the cryptic Latin phrases, inscribed over the vomiting Virgin's head. The images require the average viewer to do a more extrinsic reading of the piece and "work" at deciphering meaning. It's an interesting and bold attempt, but I'm not sure how many onlookers of the image will rush home to flip through their Latin dictionary to find an easy interpretation that will provide an answer to the uneasy experience evoked by Tolton's images.

Ultimately, the most interesting part of Tolton's work does not lie within its obscure connections, but in the mock-up "fun" of her images, as she probes and criticizes the conventions of club culture with wry and unrelenting,



Above: An excerpt from a series of images by UTM student Amie Tolton. Her work is on display in the *Usual Icons* show at the VMAC Gallery on 401 Richmond.

microscopic irony. (It's no wonder that a group of related images from the "Club Life" series by Tolton and Badanjak, exploring vomiting and club culture, were so unsettling for UTM students that they were evicted from the walls of the Kaneff Centre late last spring.)

Art & Art History students also exhibit their work this month at a juried group show in The Gallery at Sheridan College's SOCAD wing. The exhibition features works by students in first, second, third, and fourth year of the Art & Art History programme, encompassing various media, from sculpture to painting to photography.

Robert Lee's smooth, realistic painting of two mouths simultaneously enveloping a small yellow ball is both tense and sensual. The vertical alignment of the canvas force the faces close together into a tight rectangle of space, letting the viewer imagine the hot breath spewing out from the over-sized mouths of the cropped, imaginary figures.

Conversely, Leif Raiha's slightly unfinished, cartoony portrait of a boy drawing at his desk is both sweetly naïve and oddly self-referential. The bright colours and sketchy use of brushstroke perfectly eschew and caramelize the placidly happy "HI!" placed in large caps above the head of the seated figure in an ambiguous speech bubble.

Maia Pushchin's looping, ten-second video piece is an economical exercise that asks a question by posing a repeated statement, as the word "flesh" is swiftly uttered over and over again, transposed against a visual barrage of people's eyes fading quickly into one another, eyes of different nationalities, ages, and backgrounds. The piece, captured between two black bars of cinema-style widescreen, feels like a Sisyphean race, an ambiguous module that repeats itself endlessly, motivated by hid-

den yet confidently secure motives.

Ashley Dinning's comfy, child-like sheep garter and elephant underwear set examine the playful fun of functionality and sexuality, as male transposes female, and childhood play challenges adult practices and obligations. In contrast, Cyrus Irani's tiny, disconcerting, cardboard, modernist, model homes question the boring building materials and repeated designs of today's subdivision complexes.

Laura D'Ovidio's fluttery upside down toilet embroidered with intricate layers of ballerina tutu is somewhere in between Irani and Dinning's pieces, as its compelling absurdism and masterful handling and pairing of materials counteracts its potentially didactic message regarding ballet and bulimia.

The Gallery at Sheridan College showcases work by students in UTM's Art and Art History programme until January 23rd. Amie Tolton's exhibition at the VMAC Gallery at 401 Richmond runs to January 28th.

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Soderbergh's *Traffic* exposes a complicated underbelly of the American war against drugs

MOVIE REVIEW

BY JENNIFER MATOTEK

When a director like Ridley Scott tells a narrative on film, he completes it in a linear manner, with one simple plot-line that progresses from beginning to end like a generic, but beautiful, story-book. (Just look Scott's films like *Gladiator*, *Legend*, and *Alien*.) Director Steven Soderbergh's newest film, *Traffic*, presents three cannily cut perspectives on the drug trade in North and Central America, all spliced and fractured with clever confidence. It's a renewed visual style that allows Soderbergh to tell a story and inform characters with visual pictures – instead of excessive spurts of meandering dialogue.

One viewpoint focuses on the internal and external conflicts experienced by an undercover Mexican policeman, Javier Rodriguez (Benicio Del Toro) and his partner, Manolo Sanchez (Jacob Vargas.) Another viewpoint focuses on newly appointed Supreme



Benicio Del Toro delivers a powerhouse performance in Soderbergh's *Traffic*.

Court Justice Robert Wakefield (Michael Douglas), who must struggle with the war against drugs on a national and personal level as his daughter Caroline (Erika Christensen) becomes addicted to heroin and cocaine. Meanwhile, the unknowing wife of a drug lord, Helena (Catherine Zeta-Jones,) must look after her family's best interests when her husband is arrested and investigated for drug traf-

ficking, forcing her home life under the secret surveillance of two undercover American police officers (Luis Guzman and Don Cheadle.)

Traffic follows these three stories as they develop and twist together to present a unique and complex view of the North American war against drugs. Instead of grabbing sides, Soderbergh focuses on the conflicts endured by the characters in his complicated plot-

line (which, by the way, is a condensed and redirected version of the six-part miniseries produced for British television called *Traffik*.)

By exposing the viewer to such a multi-faceted perspective, Soderbergh simply presents the problem of drug trafficking in North America without pointing fingers, boldly suggesting that there is no answer or easy solution to the war on drugs.

To add believability and tension to the film's content, Soderbergh employs a hand-held style of camera work and uses ambient lighting to impart a more documentary feel to *Traffic*. Soderbergh sparsely applies the uniquely cinematic style of editing he experimented with in earlier films such as *The Limey* and *Out of Sight*, and organizes the various settings of *Traffic* by subtly changing the tones of the Mexican and American backdrops. (America takes on cold, blue tones, and Mexico adopts grainier, more monochromatic orange tones.)

But compared to Soderbergh's earlier films, like *The Limey*, *Traffic* lacks in the script and visual departments, as shots often look too loosely composed and the screen gets over-

cluttered with characters. The hand-held camera work also begins to feel like a visual cliché by the end of the film. At some points, *Traffic* comes off as insecure with its shaky, overly complicated approach that panders to viewer's tight attention spans. But *Traffic* still succeeds because of its brilliant interconnections and subtle treatment of character. Soderbergh is truly one of the most gifted young directors of our generation.



Newcomer Erica Christensen holds her own during scenes with Michael Douglas in Soderbergh's *Traffic*.

CD REVIEW

BY TJAN SANTOS

Various Artists

Lyricist Lounge 2
(BMI)



Over the Christmas break, when the weather was bad and kept me inside, I listened to a whole lot of straight rap. I must thank the creators of *Lyricist Lounge 2* for providing me with such good entertainment.

Lyricist Lounge 2 opens up with one of the late greats, my favourite rapper of all time, the Notorious B.I.G. Even though he doesn't tote himself as G.O.A.T., Biggie freestyles with the best of them: "All you niggas better leave the fucking state/ No need to masturbate/ Fucking with Biggie – it's time to castrate/ It's clobbering time/ When I ripe rhymes/ I quench thirst like very fine/ And I'm still thirsty..." Nuff said.

After that, the producers bust out with their first single, "Oh No" featuring Mos Def, Pharoahe Monch and Nate Dogg. I hate anything west coast, but even I'm feeling this track.

This album boasts artists like Q-Tip, Macy Gray, Erick Sermon and other veterans of the game – mixed in with lesser-known artists. The combination makes for a great album.

Surprisingly, Canadian rapper, Saukrates is also featured on this record, who spits these lyrics along with Redman: "Get prepared for the double homicidal, spit reality/ So real got you thinking it's from another galaxy" over a beat eerily similar to "Northern Touch" and "Yagga Yaw Yaw." Sauks changes his usually mellow style on this track to a more upbeat, hardcore flow. Did you expect to go anywhere with that Canuck flow? I hope not.

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SPORTS

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2001 Men's Ball Hockey Preview

This year's edition of men's intramural ball hockey has been reformatted. Instead of having two divisions to separate the teams according to their skill levels, the league will place all the teams into one division. There will be two conferences, with each consisting of six teams. The top three regular season teams in each conference will make the Division one playoffs and the bottom three will compete in the Division two playoffs. The playoff quarterfinals will be a sudden-death game, with the semifinals being a two game-total goals series. The final will be a best-of-three.



This year's edition of ball hockey will feature one division instead of separating the teams into two.

EASTERN
CONFERENCE

FIERCE

This team was literally a couple of minutes from making the playoffs last year, but for a penalty that cost them two points in the standings and a virtual win on the floor against the Free Agents. Returning captain Roj Koppaithara will provide the leadership for this veteran team with hopes of making the division one playoffs. Returning players for the team include last season's team-leading scorer Pierre Bejjani, Umar Muhammed, Baljeet Gill, and Kevin Ali. A key addition to this team is Arbi Aghazarian, who scored 20 points (15 goals-5 assists) for PBU last year to finish second in division two scoring last year. The addition of Aghazarian should help offset the agony of Koppaithara not being able to recruit some of last year's division one players. Goaltending for the team will be Jeetinder Singh, the basketball star for this season's champions Revolution. Not much is known about his goaltending skills as he has never played in the EBHL, but if his quick reflexes on the basketball court are any indication, Fierce should be okay in the goaltending department. However, his first game will be against those goal-scoring machines Fury. Welcome to the EBHL, Jeetinder.

FURY

Fury returns with four of last year's players to try and retain their championship. They will rely upon their all-star goalie John Carrabs, who had a league-leading 2.00 GAA last year, to carry the load while returning linemates captain Chris Carrabs (9 goals-7 assists), Neal Carley (12-6), and last year's rookie of the year Bruce Worthington (10-8) look to wreak havoc at the opposition's net. This year, Fury have signed free agents Adam Daly, from BMF, and Mike Acedo, from the Free Agents, to solidify the offence. Daly was a goal-scoring machine last year as he potted 24 goals and 13 assists to easily win the division two scoring race, while Acedo finished with a strong 11 goals and two assists. Rookie Jay Abbot looks to make a good first impression while rumblings out of Fury's headquarters have Fury possibly needing to add an eighth player to their roster to reach minimum standards. On a side note, one league player mentioned a possible sweep of the top five in scoring for Fury members, but these Fury players are more modest.

RENEGADES

This new team is led by captain Mark Akanphuber. He has played AA hockey in Oakville and realizes that as a new team, the experience may not be there to make a serious run deep into the playoffs. The Renegades will go with a rookie goalie, whom Akanphuber described as "fearless, and likes taking shots."

UNTOUCHABLES

The reformation of the Untouchables is a great surprise to the entire league. Despite losing Mandeep Gill, one of the best players in the EBHL, the Untouchables will find scoring elsewhere. "Captain Crunch" Paul Dimtsis, all-star defenseman Aman Mundi, and key players from last year's Bristol U squad will be counted on to take this team deep into the division one playoffs. Speculation is that the Untouchables lack the goalie to go far this year and that they are having open tryouts. An insider also suspects that the Untouchables may lose the key players they picked up from Bristol U to another team. If this happens the team could face a long season in a very tough conference.

WATERBOYZ

This group of soccer players will be led by Javis Gillingham, a member of

the FC Wunderboyz indoor soccer team last semester. Not much is known about this team, but insiders expect this team to be very physical given the way they played soccer.

WHOOSE
MOONGAS

Another new team in the EBHL this year has an odd name but a good captain in Chris Pedro. Pedro says, "we are a first year team that looks to do well, but we will have a good time no matter how well we do. Hopefully we will be back in the following years to do better." Key players for this team include Cory Johnson, who Pedro expects to lead the team in scoring, and Oliver Lea, the goalie expected to keep Whoose Moongas in most games.

WESTERN
CONFERENCEBall hockey
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RIG RICHARDS

Captain Shujat Alikhan will be leading this team again this year. Short of the making the playoffs last year, he failed to live up to the legacy his brother Shabaaz left behind. But this year, he will receive a lot of help, namely from his brother, who is back in the EBHL. Shabaaz Alikhan, along with Paul Curran, will definitely make this team a legitimate contender. Both players made the all-star team three times and were key members of three championship-winning Fury teams back in the day. Shabaaz, who is now doing his MBA, but is taking courses at UTM to be eligible for ball hockey, expects the competition to be tough, but adds he looks forward to a possible meeting with Fury. Last year's top scorer Rob Adamovsky (10 goals, 2 assists) will be back, as will many others from last year's squad. Another key addition is Vincent Cheng, who played well for the free agents last

ball hockey continued on page 14



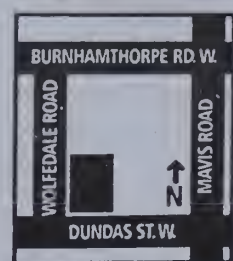
Ball hockey returns, but this time with only 12 teams.

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Ball hockey season begins today

continued from page 13

year. In net for Big Richards will be Sacha Aziz. He too played for the Free Agents last year and was instrumental in the team making the playoffs. He will help to improve the goaltending from last year which was third worst in division two last year.

THE AGENTS

The various talents that make up the Agents will be led again by captain Jon Lee. They were one game short of the division two finals last year, nearly knocking off the eventual winners, HoLoHo, in one of the most exciting series of the playoffs. There are many key departures, particularly top scorers Mike Acedo (11 goals, 2 assists last year), Vincent Cheng (9-3) and one half of the goaltending platoon, all-star Sacha Aziz (4.50 GAA in the playoffs). Lee will handle the bulk of the goaltending, with Nicholas Dube getting some time in net as well. New additions Avin Gupta, Andres Montiel, Erik Asorovsky, and Nick Mandic will be relied on to supply the scoring. Will they be the Cinderella story of the year again? Probably not, unless the new additions are as good as last year's crop.

GOODFELLAS

After a disappointing season last year, the Goodfellas made some important acquisitions in the off-season. The addition of Sheldon Martin from the Patriots will help the defense considerably while newly signed Mike Burgess, also from the Patriots, will provide an offensive spark. Last season, Martin finished fifth in division one scoring with 17 points, while Burgess finished twelfth with 14 points. Returning players Marco Roberto and Belal Sheik will also provide this team with a potent offense. Goaltender Clayton Martin was outstanding in his rookie year, consider-

ing he was hung out to dry, and should have a much better season with Sheldon Martin on the defense. With strong goaltending, and an improved offense and defense, the Goodfellas look to emerge as a darkhorse.

HOLOHO

Last year's division two champions are back, with a large part of their team still intact. Captain Yasin Ozturk assembled the only undefeated team in the EBHL last year. He mixed UTM Rowing Team members with players from other teams that existed before ball hockey was cancelled in 1998-1999. Expect HoLoHo to play a strong two-way game in front of All-Star goalie Kevin Spence, who was a phenomenon between the pipes last year. Allowing only 16 goals against in seven regular season games, Spence owned the second best GAA in division two, which ensured the team's defensive stability. Reliable defensive coverage from returning players Tom Krebs, Scott Patterson, and Yasin Ozturk (along with back-checking forwards) only helped HoLoHo's solid defensive game.

Nicknamed "Team Endurance," HoLoHo finished with 53 goals for (tied for second with PBU) and had three of the top six leading scorers at season's end: Yasin Ozturk (18 points), Adam Giles (18 points), and Ryan Dunn (17 points) should provide plenty of offence this year.

While the team will have to work around the key losses of Scott Baker, Yasser Firoozyan, and Adrian Milotic, HoLoHo has picked up former BMF goaltender Joe Bakewell, who will likely leave the netminding duties to Spence. With reliable players like Craig Allen, Kelvin Seow and Fadi Minawi also returning to the team, HoLoHo looks to maintain the cohesion that got them so far last year.

LEAFS

The Division one finalists from last year are back with many returning players in hopes of dethroning Fury. Key returning players include Harpal Panglia, Massimo Giannobile, last year's leading scorer Nav Sohal (13 goals-3 assists), and Pardeep Nagra. Giannobile will start the season on the suspended list for an incident that occurred in the playoffs last season. In net again will be Sukhzant Dhillon, who had the third best GAA in division one last year, but was inconsistent at times.

LJUBLJANA GREEN DRAGONS

Co-captains Steve Murphy and Robi Frankovic compiled a team of inexperienced but highly touted group of street hockey players for this new team. The speed and skill of Ian Malcolm, John Healy, and Murphy will be looked upon to provide the offense for the Green Dragons. Eric Sugar, Wayne Liu, and Frankovic will be called upon to shut down the opposing team's most dangerous players, and dictate the flow of the game. Mark Riopel is the experienced goaltender for the team who looks to rebound from his injury plagued season last year. Though this team is technically new, there are many players from last year's division one Turnovers team on this squad.

Thanks to everyone who contributed to the 2001 ball hockey preview – especially Jon Lee and Chris Carrabs



Which team will win the men's ball hockey championship this year?

This week in ball hockey

Monday, Jan. 15

HoLoHo vs. Goodfellas @ 10am

Waterboyz vs. Whoose Moon-gas @ 11am

Tuesday Jan. 16

Untouchables vs. Renegades @

12pm

Fury vs. Fierce @ 1pm

Wednesday, Jan 17

Agents vs. Dragons @ 10am

Thursday, Jan. 18

Leafs vs. Big Richards @ 1pm

Women's Basketball

BY STEVE MANCHUR

UTM's women's division one basketball team finished its championship season in style with a hard-fought 40-37 victory over Law. With the victory, UTM's Lady Eagles basketball team captured its third interfaculty championship in a row, while compiling an impressive twenty-six game winning streak. After defeating Law fairly easily in game one of the best-of-three finals by a score of 55-27, UTM played without two of its main contributors, Maria Kosovski and Niki Tsourounakis. Despite the loss of these two starters, the rest of the UTM squad felt confident that they could win the game. At the half, UTM led 25-19.

The second half saw both teams play stellar defense. Over an eight-

minute stretch, UTM maintained a six point lead. In the last two minutes of the game Law came on strong and UTM's eight point lead was threatened. Law hit a three-pointer with three seconds left to pull within three points, but UTM hung on for the win 40-37.

A solid team performance was turned in as all the UTM players scored points in the game. Stephanie Kishimoto led UTM in scoring with 14 points, Ashley Cross had nine, Natisha Hewitt had six, and Rita Lenhardt added four. Other championship team members who contributed to the team's success include: Marcia Marcelino, Cecelia Lodziak, Michele Christianson, Christine Gonyou, and Sara Saad. UTM division one women's hoops team looks for their fourth championship in a row this semester.

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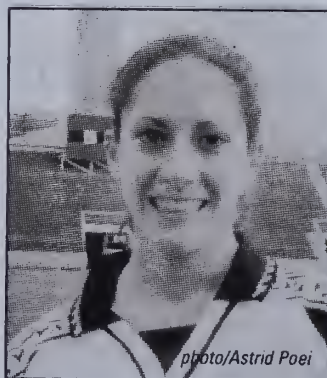
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Opening the door

POEI'S PLAYER PROFILE

BY ASTRID POEI



UTM's Erin Laporte, is all smiles

They say "no matter how long you know a person, you never really know them until you've played sports with them." That's why when you see star athlete Erin Laporte in action, you know that this girl is good. Laporte has played a wide variety of UTM sports such as baseball, soccer, lacrosse, football, ball and ice hockey. Speed and stamina are her most outstanding qualities, amounting to MVP's in both ice hockey and football. Her unparalleled leadership earned her the Cynthia E. Haddow Award for the 1999-00

season. A very deserving award for an athlete who led her soccer and football teams to the finals this year. In fact, Laporte scored one of two touchdowns in the finals to take the women's interfaculty touch football championship for UTM. All these athletic accomplishments, and still she insists on being known not for her awards but as a fair player. Humble and selfless, she could not bring herself to elaborate on this, but her teammates had a lot to say about her. Teammate Debbie Medeiros comments, "Erin is the greatest athlete I've ever had the privilege of playing with." It's no wonder why Laporte received the title of Athlete of the Year for the 1999-00 terms.

Erin Laporte's own silence is admirable, though it speaks about the person that she is more than she may know. When asked about her plans after graduation, the usually composed Laporte starts to panic slightly. After a long silence, she replies unsteadily, "I don't know," then returns to her calm and collected self. But when you consider her athletic accomplishments to date and her stellar performances in every game she has played in, they are definitely a reflection of a glorious future – whatever that may be.

I challenge you, UTM, to get off your ass

BY ASTRID POEI

Ever since I entered UTM, all I've heard is the hype surrounding ball hockey. After participating in the ball hockey league first semester, I thought to myself, "This is like elementary school gym." Nothing special at all. So where did all the hype go? I think ball hockey's popularity, along with other sports, lies in the athletes. But in recent years, UTM has seen a steady decline in athletic participation. I interviewed Acting Athletics Director Jack Krist, and asked him about UTM's lack of participation.

Q: Why is the number of athletes declining?

A: "I think because people make choices on what they're doing with their time. Rather than do everything, they have to work more, so they sacrifice sports. If they want to play interfac – where in the past everyone who played interfac also played intramurals – people don't have the time to play interfac and intramurals. And a lot of students choose to just do the interfac. Our interfac participation is probably the same as it's always been. In fact, we never used to have two teams in basketball. Last year was the first time in 10-15 years that we've had two teams in women's basketball. I think that's probably what's happening – not so much that participation is going down, but I think it's because of that choice that they have to make. Tuition is a lot higher than it ever was before. Books are more expensive – they have to work."

Q: With each athlete choosing to participate in fewer sports, how do you think that this affects the individual athlete?

A: "I think playing on a team builds skills that can transfer over in the workplace...it's team building skills. It's leadership. It's helping one another. It's the *whole participation*...it's strange but participating in at least one sport or another will increase a student's marks. I don't know how to say it. It's because people become more focused on time management. When you don't participate in anything, all you're solely thinking about is your grades and your work and your school life. And you're kind of losing that whole focus on balancing. I mean, there has to be a balance, this is a great stress relief to come out here and play some sports. The players that actually play sports often find that their grades actually improve. So you might have a girl saying, 'Oh, I've got to get my grades up, so I'm not going to do any sports.' But the grades may not necessarily come up."

Q: I always see the same names, over and over again, for example, Laporte, Kishimoto. So is it just the same people

playing sports? Meaning, when this batch graduates, will there be another decline in participation in sports.

A: "No, those are just phenomenal athletes. I mean...she can play any sport she wants. There are not many girls that come around like Erin [Laporte]. They are few and far between in the school. When you get those types of athletes, of course they're going to excel at everything they do. So any good coach is going to recruit them. Stephanie [Kishimoto], they say, 'Oh you play soccer? Yeah? Oh you're going to play on my soccer team. Oh you play a little bit of volleyball?' They see that she's good at soccer and basketball, so maybe she's good at volleyball and [she] starts playing more and more sports. Now, when you start playing *that many sports*, your grades are going to suffer! There has to be a balance. People say to me, 'Well you say you should play sports because your grades come up.' But you can't play everything, you've got to make choices. But don't think that you're necessarily seeing the same players doing everything all the time. It's one or two athletes, and the thing with them is that they're so good that their name just always ends up in the paper...because Erin's going to score touchdowns, she's going to score goals."

Q: I know that first year students don't participate as much. What do you think prevents people from even trying out?

A: "That's something that's happened all the time...ever since I've been here, that's always been the case. Unless you're a real sport junkie. I'm talking a lot of sports. As a first year student, you don't really get involved. We find a lot of students come back in the second year and they'll say 'I didn't even know that there was a team last year' and we picked up – there was a couple of girls who played provincial – they played on the OBA club team. I mean, the regional teams. They played in Sudbury and then they just didn't know that we had a basketball team. I thought to myself, 'Well how didn't you know?' But some people get here in their first year and it's such a new experience that they're so focused on getting in line and getting their books and doing all their school work that they don't really see the other aspects of university life."

Q: Have you done anything to try and remedy this problem?

A: "We have a nice new web page, so we're hoping that's going to help. What we really want to try to do is start targeting students before they actually get on this campus. I think that's why our basketball program really picked up. Because we went to all the orientations – when the registrar's office would

bring students around – we would go out and say, 'Hey! I coach the basketball team and we have all kinds of other sports, if you're interested in basketball come and see me after your orientation.' And I got a lot of students that came in and talked to me...it's a lot of one-to-one contact. If you notice someone in the gym that can come here and make some shots by herself, then you say, 'Well, why aren't you playing at least division two?' So I think it has to be more recruitment by the coaches – they've got to get into the gym. For field sports, it's tough. We have rec soccer that helps some people recruit. Our coaches have come out and maybe they've seen someone in rec soccer playing sports and they'll go and ask them, 'why don't you try out for a team? Or play for my coed team?' Or whatever. But the guide has helped. We have an activity guide. We only used to do one guide and now we're doing two guides – one in the fall, one in the winter. So we're catching a lot of people in January now because they're seeing that second year guide and they're seeing our web page. The paper has helped out quite a bit this year with promotion of sports. So they see that there was a basketball team first semester and then they take a look at our web page and see that we're having tryouts for another team. For our [current basketball tryout] there's so many people here, that's probably because they thought, 'Well why don't we play basketball in second semester?' And they really didn't think about it in that first semester."

Q: Do you think participation will be a problem when all the older players graduate?



Like most sports, ball hockey has seen a decline in participation over the years. Higher tuition costs could play a part in athletes not having time to play sports.

A: "It's hard to say. I mean, sometimes you really get lucky like we did last year, and we had nine first year players. That was extraordinary. It was hard work and a lot of promotion. I don't know what to say. We always try to tell our coaches that if players try out in their first or second year and they look like they have the skill level, but they may not be able to make the team, to keep those players. What happens is, if you get rid of all those players, and you keep that same team together through four years, once they all graduate, you have no team anymore. So you always have to keep trying to bring along one or two players who may not be good, but who are committed to the team. They're going to come out to practices and those are the players that you like to keep around because you need those players once cut from a team, they won't come back anymore. But with the guys, they'll get cut...and they'll come back again. They'll keep trying out

until they finally make the team because they're going to prove to you that they should have been on the team. I think the women have a different psyche. It's not that important to them to prove that. They know in their own mind they probably should have made the team but they won't come back to show you. I find that if you cut someone they might not come back. You should really try to keep those players. Try to keep them involved somehow."

I am the co-sports editor for *The Medium*. I am on the women's interfaculty ice hockey team. I am the goalie for the recently named ball hockey champions, the Bond Girls. I am going to play lacrosse and basketball. I may even join the Polish club. And I am in *first* year. If this little freshman can do all this, then any second, third, fourth or fellow first year student can do it too. I challenge you, UTM, to get off your ass.

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A man with reddish hair, wearing a white long-sleeved shirt, maroon shorts, and yellow and black sneakers, is rappelling down a dark rock face. He is holding a rope with both hands and has a climbing harness and gear attached. The background shows a clear blue sky and a dense forest of evergreen trees below.

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